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'Dog spray' sends teens to hospital

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MO MONEY; BRO PROBLEMS

IN ITS FIRST 10 YEARS, MOVEMBER HAS RAISED MILLIONS FOR PROSTATE AND TESTICULAR CANCER RESEARCH PAGES 15, 16

COUPLAND TEMPS AT METRO

Renowned Canadian author Douglas Coupland, second from right, is publishing an exclusive 20-chapter story, TEMP, in Metro each weekday, starting today, until Nov. 29. The series focuses on a character that could one day be you, Metro reader. The author, who popularized the term Generation X, worked with editors at Metro's head office on the collaboration. From left, Melita Kuburas, Quin Parker, Amber Shortt, Fernando Carneiro, Lacy Atalick, Coupland and Mark Charles. Turn to pages 3 and 10 for more. DAVID VAN DYKE/METRO

Ford says he'll keep on truckin'

'A lot of stupid things.' Toronto mayor says he wants to continue to serve, despite mistakes

Toronto Mayor Rob Ford acknowledged Sunday he has made mistakes but left unanswered questions about the alleged crack video that has propelled him into the international spotlight.

"I'm the first one to admit I am not perfect, I have made mistakes," Ford told his weekly radio show. "Unfortunately, I can not change the past, I can just move forward and learn from the past, which, I assure you, I'm doing."

Ford apologized to his family, members of city council and Toronto taxpayers. He said he was referring to being inebriated in public and texting while driving.

"A lot of stupid things, it's all self-inflicted," he said while promising he would make changes.

Ford didn't talk about the contents of the video that police say matches the one that two media outlets say appears to show him smoking crack. He said he hasn't seen the video so it's impossible to explain its contents.

"Obviously when the video is released, I'm going to explain to the best of my ability what's in the video," said Ford, who called on police Chief Bill Blair to release the video so everyone can see it. "That is the right thing to do and chief, I'm asking you to release this video now."

Blair said Thursday the video will be evidence in the case against Alexander Lisi — a friend and sometimes driver for the mayor. Police allege Lisi tried to get his hands on the video and charged him with extortion. THE CANADIAN PRESS

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Aiming for hire ground

Letter from the editor

Young, smart and living in an uncertain world

CHARLOTTE EMPEY
Editor-in-Chief

You know the Metro mindset: we're smart, quirky, rule breakers and über disrupters. So you won't be surprised — but we do hope you'll be excited — about an exclusive collaboration with celebrated Canadian author Douglas Coupland.

TEMP, serialized fiction running in Metro each weekday from today to Nov. 29, explores what it means to be young, smart, and only temporarily employed, through the eyes of a contemporary cast of characters just trying to carve a place for themselves in an uncertain world.

Temp opens with: "Greetings. My name is Shannon. I'm a temp, but more than that, I'm the future of employment in the Western world. Sure, you may have a job right now, but one day you'll be me."

When Douglas approached us with his concept for a serialized narrative we jumped on the opportunity for a partnership. Douglas has been described as possibly the most gifted interpreter of North American pop culture writing today — and TEMP more than lives up to his reputation.

When I asked Douglas why Metro, he told me, "Metro is the tom-toms of the global village. It's the new face of old media. It reaches millions of people who devour every word and it all ends up being discussed in lunchrooms, meeting rooms, and dinner tables around the world."

And what does TEMP say about Douglas's take on tomorrow?

Read on! The first instalment is on page 10.

Like alien eggs inside your brain

Dépêche fiction

A traditional novel will always be central to human civilization, but I get the impression a new form of storytelling is being called for. I call it dépêche fiction: fast-changing fiction.

In the next four weeks you'll be reading the daily story of a very likeable character named Shannon. You already know Shannon — everyone knows Shannon — you may well be Shannon. She's that slightly geeky gal who temps at every office you've ever worked at. She's funny, she's got her head screwed on right, and most of all, Shannon lives in our collective real world. She lives in the year 2013 and Shannon's world is changing and mutating as rapidly as yours.

Change: that dreaded word. If only we could have a one-year holiday from change — but that's not going to happen and we all know it. So then, how do we make the most of life as it's really lived? How do we cope and find the good stuff amidst the bad stuff? That's what Shannon's all about.

But wait. Why Metro? And why me writing about a character named Shannon in Metro? Two reasons. One: I always set my books in what I call "the extreme present tense." As living creatures, the present moment is all we have. It truly is… it's freaky and messy and weird. But it's ours and soon enough the present tense will become the Good Old Days — so enjoy it.

Two: I'm no longer sure if fiction is keeping pace with life and how we live it. I'm a born experimenter and I want to try something new to address this lack. I've said it before, and I'll say it again: as a species we've never been smarter yet we've never felt more stupid. We live in a world of devices and clouds and economic bubbles. A traditional novel will always be central to human civilization, but I get the impression a new form of storytelling is being called for. I call it dépêche fiction: fast-changing fiction. (Yes, kind of like Depeche Mode, a band I totally like.)

Dépêche fiction is a cappuccino hit. Dépêche fiction is a really awesome Russian dash cam clip. Dépêche fiction is written so that it accumulates in your brain over time, and then, just like alien eggs, it suddenly hatches and makes your brain say, "Hey! I'm feeling something tingly and new! And BTW, I've overtaken your existence!"

What to expect? Well, it's not The Office, and it's not a comic strip. TEMP is something new — and you get to be a part of the experiment. And Metro is the perfect slot for TEMP. Metro is read by people who are out there in the world living a full-on modern experience. Fiction is about readers being able to say, "Wait — that's how I see the world!" And I hope that's what you feel. And now let the eggs hatch.

DOUGLAS COUPLAND

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‘Dog spray’ used on OC Transpo bus sends teens to hospital

‘Facial irritation’. Police say ‘three male young persons’ have been taken into custody as a result of the investigation

TREVOR GREENWAY
trevor.greenway@metronews.ca

An Ottawa police officer searches the scene at the South Keys transit stop after “dog spray” was used on the No. 87 OC Transpo Bus Sunday afternoon.
TREVOR GREENWAY/METRO

Two teenagers are in hospital after being sprayed with a “dog spray” on an OC Transpo bus Sunday afternoon, police say.

According to Ottawa Paramedic Service Supt. John Keylor, paramedics on scene at the South Keys transit stop assessed several passengers who were travelling on the No. 87 bus and sent two of them by ambulance to hospital.

“We assessed four people, two of which were sent to (the Children’s Hospital of Eastern Ontario) for facial irritation of the throat and nose,” said Keylor, adding that the pair was listed in stable condition.

“Two more declined transport.”

According to Ottawa Fire Services’ public-information officer Mark Messier, hazmat crews were called to the transit stop around 2:45 p.m. after several passengers complained that a substance was sprayed on board the bus.

Several police officers were seen combing through bushes and searching through bus shelters at the scene. Messier told Metro that as many as eight people were initially isolated for about an hour but that all of them were later released, as the substance was deemed non-toxic.

Ottawa police Sgt. Jeff Aylen wouldn’t confirm reports that two teenagers sprayed pepper spray on the bus after an altercation.

A news release issued Sunday evening by police said emergency services were called in after a girl had “difficulty breathing because of the deployment of pepper spray.”

The release said work by the hazmat team and police found the substance to be “dog spray.”

Police said “three male young persons” had been taken into custody as a result of the investigation.

The southbound Transitway was closed for about an one hour before reopening.

Quoted

“We assessed four people, two of which were sent to (the Children’s Hospital of Eastern Ontario) for facial irritation of the throat and nose.”

Supt. John Keylor, Ottawa Paramedic Service

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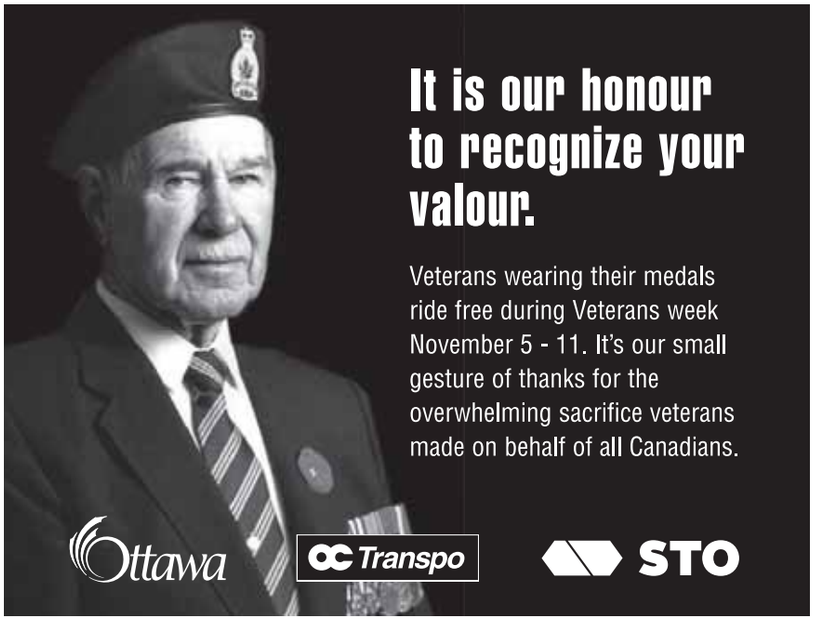
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City shouldn’t fight Carp Road Landfill: Lawyer

If the City of Ottawa goes to court to fight the expansion of Waste Management’s Carp Road Landfill, the chance of winning the case is “quite low,” according to a report commissioned by the city’s lawyer Rick O’Connor.

In a memo to city staff Friday, O’Connor recommended that, instead of fighting the project in court, the city should work closely with the province’s Ministry of Environment to address outstanding issues like odour control, groundwater protection/drainage monitoring and the impact the project could have on traffic flow. The memo warned that a legal battle with the Ottawa dump could cost taxpayers anywhere between $125,000 and $265,000 on top of the city’s own legal fees.

“Our opinion is that an application for judicial review based on the alleged non-compliance with the approved (Terms of Reference) in this case will in all likelihood be unsuccessful,” noted the report by law firm Heenan Blaikie. “We consider the probabilities of success in such a proceeding to be quite low.”

Waste Management’s proposed expansion that would see the west Ottawa landfill accept 400,000 tonnes of waste per year for the next 10 years, was approved by the Ministry of Environment earlier this fall.

TREVOR GREENWAY/METRO

Waste Management is proposing to develop the West Carleton Environmental Centre next to the Carp landfill site in west Ottawa.
WASTEMANAGEMENT.COM

Surprise win helps local athlete bounce back

Trampolining. Blackburn Hamlet native heading to global competition

Trampoline gymnast Taysia Thompson was having a so-so year in the air until a surprising 2nd-place finish at the Canada Cup competition in July earned her an invitation to the 22nd FIG Trampoline Gymnastics World Age Group Competitions in Sofia, Bulgaria.

"It happened by accident," Thompson says. "I wasn't having a great year up to then, but that one day, everything went right. Everything changed for me after that."

Now, Thomson, who trains with team Unigym in Gatineau, has been selected to be one of four athletes representing Canada in her age category.

Known both for her athleticism and creativity, Thompson says if she has one big advantage in competition, it's that she loves an audience.

"I like the feeling of flying around. I really enjoy it. It takes a lot of pressure off when you're having fun instead of feeling nervous. I don't get nervous when I'm in a competition, I feel like I am a performer in a show," she said.

And what a show. Training four nights a week with coach Yann Prigent, who competed in the 2008 Beijing Olympics, Thompson jumps 40 feet high, stringing together a series of dazzling, and sometimes dangerous, twists, tucks and pikes including her signature move, the half-out tuck.

It's the routine she used at the Flowers Cup competition in Amsterdam in March, where she finished 22nd in the world. If she does well at the World Age Group Competition next week, she'll begin preparing for the 2016 and 2020 Olympics.

In the meantime, she's taking the year off to train, ride her unicycle, cheerlead for the Ottawa 67s home hockey games, and weigh her university options. Eventually, she would like to become an aerial gymnast with Cirque de Soleil.

DENIS ARMSTRONG/METRO

Trampoline gymnast Taysia Thompson is seen training in this contributed photo. CONTRIBUTED

Gatineau

Three-year-old found at bus stop

A Gatineau boy has been returned to his home safely, after he wandered out of his house in the wee hours of the morning Friday and ended up at a bus shelter wearing nothing but a T-shirt and shorts.

According to police, the three-year-old boy wandered out the back door while his parents were sleeping. A couple driving by saw the child sitting in the shelter on Labelle Street and called police. "Since it was cold, they stopped and put him in their car," said police Lieut. Jean-Marc Tasse. He said cops cruised the streets trying to find out where the child wandered from. "We tried to find his parents, but he couldn't indicate where he lived."

His father later called police looking for the boy. Police said no charges are being laid.

TREVOR GREENWAY/METRO

Seeking public input

Police searching for missing man with Alzheimer's

Ottawa police are seeking the public's help in locating a 64-year-old man who suffers from early onset Alzheimer's.

Ronald LeFrancois was last seen getting on an eastbound No. 12 OC Transpo bus heading towards Vanier from downtown Friday morning.

Ronald LeFrancois CONTRIBUTED

"It's concerning when anyone goes missing, particularly when someone is at risk," said Sgt. John Mbakulo of the Ottawa police.

LeFrancois was last seen wearing a dark-blue hooded jacket. Anyone with information should contact 613-230-6211. TREVOR GREENWAY/METRO

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A dunk by Justin Tubbs brought the crowd to its feet during the first ever NBL Canada regular-season game at the Canadian Tire Centre in Ottawa on Saturday. The SkyHawks lost 112-105. MIKE CARROCCETTO/FOR METRO

SkyHawks spring forward then fall back in home loss

Basketball. Ottawa drops first NBL Canada game to Windsor

MIKE CARROCCETTO
ottawa@metronews.ca

If the Ottawa SkyHawks could have turned back the clock just 12 minutes, they would've won the franchise's first ever NBL Canada game Saturday evening at Canadian Tire Centre.

The Hawks (0-1) had a seven-point lead late in the third quarter, and still led by two over the visiting Windsor Express (2-0) heading into the final frame.

But they couldn't hold on.

Much to the disappointment of the estimated 2,600 fans in attendance, many of them boisterous youngsters, the game ended with a final score of Windsor 112, Ottawa 105.

"We had (Windsor) where we wanted them, we just didn't execute," said head coach Kevin Keathley. "We didn't maximize our runs, and we didn't minimize theirs. We could've pushed our lead to nine or 10 (late in the third quarter), instead we turned (the ball) over."

The Express led 51-44 at halftime, building their lead to as much as 11 points early into the second half. But the SkyHawks clawed back with a nice run, and a few minutes later narrowed the Windsor lead to just a single point at 73-72.

After another push, the SkyHawks took the lead, pulling ahead 83-76.

That lead wouldn't last. Turnovers throughout the fourth quarter kept the Hawks from regaining the advantage, and, more importantly, cost them momentum.

The fast and furious scoring pace started slowly. The first basket in SkyHawks franchise history was scored one minute and 18 seconds into the game. An eternity in basketball, but well worth the wait.

And what a thing of beauty it was; a looping 25-foot three-pointer — nothing but net — by six-foot-three guard Justin Tubbs. The 26-year-old Tubbs poured in 22 points on the night, co-leading the SkyHawks along with Tirrell Baines. Windsor's Stefan Bonneau, a five-foot-10 point guard, was the Express's top scorer with 28.

Up next

The SkyHawks play on Wednesday vs. the Halifax Rainmen (0-1) at 7:30 p.m.

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‘No clemency’ for Snowden: Officials

A ‘terrible idea.’
Whistleblower made the plea in a letter saying ‘speaking the truth is not a crime’

In this image taken in September and made available by the Rossiya 24 TV channel, Edward Snowden looks at a photographer on a boat during a trip on the Moscow River. LIFENEWS/ROSSIYA 24/THE ASSOCIATED PRESS

The White House and the leaders of the intelligence committees in Congress are rejecting National Security Agency-contractor Edward Snowden’s plea for clemency.

“Mr. Snowden violated U.S. law,” White House adviser Dan Pfeiffer said Sunday about the former systems analyst turned fugitive who has temporary asylum in Russia.

“He should return to the U.S. and face justice,” Pfeiffer said, adding when pressed that no offers for clemency were being discussed.

Snowden made the plea in a letter given to a German politician and released Friday. In his one-page typed letter, he asks for clemency for charges over allegedly leaking classified information about the NSA to the media. “Speaking the truth is not a crime,” Snowden wrote.

But the head of the Senate Intelligence Committee said if Snowden had been a true whistleblower, he could have reported it to her committee privately. “That didn’t happen, and now he’s done this enormous disservice to our country,” said Democratic Sen. Dianne Feinstein. “I think the answer is no clemency.”

The chairman of the House Intelligence Committee, Rep. Mike Rogers, called clemency for Snowden a “terrible idea.” THE ASSOCIATED PRESS

Dozens killed in wedding attack

Suspected Islamic militants attacked a wedding convoy in northeast Nigeria, killing more than 30 people, including the groom, a government spokesman said Sunday.

Military spokesman Lt. Col. Muhammed Dole said only five people were killed in Saturday’s attack on the highway between Gama and Gwoza towns in Borno state that runs alongside forests known as a hideout of Islamic militants of Boko Haram.

But a minibus taxi driver said he passed many bodies on the road near Firgi village, where the wedding ceremony took place Saturday.

“We saw a lot of dead bodies killed by gunshots and some by the roadside that appeared to have been slaughtered” with their throats slit, the driver, identified as Shaibu, said Sunday.

Adamawa state spokesman Ahmad Sajoh said the wedding fatiha, the official Muslim ceremony, had taken place in Firgi village in neighbouring Borno state and the groom and guests were driving home to Adamawa when they were attacked. THE ASSOCIATED PRESS

New reality after Boston Marathon bombings

A counterterrorism police officer uses a metal-detecting wand at a security checkpoint at the the 2013 New York City Marathon on Sunday. The race saw increased security in the wake of the April bombings at the Boston Marathon. KATHY WILLENS/THE ASSOCIATED PRESS

The Canadian Health Food Association (CHFA) is proud to present Natural Health Products Week, a week-long celebration to raise awareness and shine a spotlight on natural health products, their benefits, and the important impact they have to the 7 in every 10 Canadians who use them as part of their healthy lifestyle.

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To celebrate visit your local natural health store between **November 4 to 10, 2013** or visit **chfa**.ca to learn more.

Speech at Tory summit raises contradictions

Senate scandal. Chief fundraiser adds more fuel to fire that Tories hope to extinguish

Conservatives are hoping a vote to suspend three senators without pay this week might help turn the page on a scandal that has jammed their political momentum for months.

"What most of our MPs are hearing from constituents is that they're sick of the whole story and the issue. They want to see something decisive done ... and then to move on," Employment Minister Jason Kenney said on the weekend.

"I hope that the Senate makes a decision on that motion as soon as possible."

The government's deputy leader in the Senate predicted the vote to suspend Mike Duffy, Pamela Wallin and Patrick Brazeau will come Tuesday.

MPs and a few senators are returning to Ottawa from Calgary after wrapping up a biennial policy convention — which may have added another chapter or two to the saga.

The party's chief fundraiser, Sen. Irving Gerstein, used a Saturday convention speech to reveal what he knew about the discussions behind the scandal.

"I made it absolutely clear to Nigel Wright (Harper's former chief of staff) that the Conservative Fund of Canada would not pay for Sen. Duffy's disputed expenses and it never did," Gerstein said.

That's a different story than what was communicated to the RCMP through Wright's lawyers. They said the party was "going to pay" Duffy's expenses when it thought they totalled $32,000 but balked when the price tag tripled. Wright says he wound up paying out of his own pocket. THE CANADIAN PRESS

Another CN train derails, less than 100 km from last disaster

There has been another derailment of a CN Rail train, this time near the hamlet of Peers in west-central Alberta. A news release from Yellowhead County says 13 cars were involved — 12 carrying lumber and one tanker with sulphur dioxide. The county says the sulphur dioxide is categorized as a dangerous-goods cargo, but added that the tanker wasn't leaking. The derailment is less than 100 kilometres from the scene of last month's train disaster in Gainford, in which roughly 100 residents were forced from their homes. JASON FRANSON/THE CANADIAN PRESS

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Surreal battle. Neighbours fight off polar-bear attack

Mitch Paddock was at a friend's house in what's known as the polar-bear capital of the world early Friday when he heard a woman scream.

He ran outside and saw his neighbour, whom he and others have identified as Bill Ayotte, being mauled.

"He was on his back; the bear was right on top of him with both paws," Paddock said Saturday from Churchill, Man.

Ayotte had run out to help the woman, Paddock said. He explained that the man hit the animal with a shovel, giving the woman time to flee.

But then Ayotte was the one in serious trouble.

Paddock said he raced into his house to grab a shotgun that shoots fire-cracker shells, which are designed to scare wildlife. He said many people in Churchill have them.

He ran back to the scene in Churchill, Man., in his socks and began firing, but the bear remained undeterred.

"Another neighbour ... was throwing shoes," he said. "One of my neighbours was standing on the deck in his underwear, shooting at him, too.

"Eventually I hit him in the side with one of these cracker shells, and ... he ran away."

But the bear only ran a few metres before resuming the attack. At that point, Paddock said the neighbour who was also shooting jumped into his pickup truck and drove up to the animal while honking the horn. That eventually drove the bear away, he said.

Police said Ayotte, 69, suffered lacerations and was taken to hospital in stable condition. The woman, who police said was 30, was in the same state.

Manitoba Conservation said they fatally shot two bears. A spokesman said it's not normal practice to automatically shoot bears, but that's what the situation required. THE CANADIAN PRESS

Mauling

"It was pouncing on him. That's what polar bears do.... He was kind of jumping on Bill's chest."

Witness Mitch Paddock

Age of consent

Are the changes in Vatican City progress or PR?

While Vatican City amended its criminal code in July to raise the age of consent to 18, has anything really changed?

Previously, the Vatican had the lowest age of consent in Europe — 12 — and a record of child sex-abuse scandals. Pope Francis overhauled the criminal code, in part to comply with international treaties such as the UN Convention on the Rights of the Child.

Now, sex with a person under the age of 18, prostitution or possession of child porn can be punished by up to 12 years in prison.

Critics say this hasn't changed anything and is a feel-good gesture that's more about generating positive headlines than driving real change in the church.

The Vatican also made it a crime to leak information about criminal activity to anyone outside the church — punishable by up to eight years in prison.

VAWN HIMMELSBACH/FOR METRO

Starbucks is expanding its Teavana "tea bars," which currently includes 59 Canadian locations. Our tea consumption is expected to rise 40 per cent by 2020, driven by an interest in health and wellness. NATHAN DENETTE/THE CANADIAN PRESS

Care for a spot of carbonated tea?

Brewing up change. Companies such as Starbucks are cashing in on the resurgence of tea, opening cool 'tea bars'

Your grandmother's favourite beverage has found a new life with retailers who say tea is destined to become the next sought-after sip for Canadians bored with the same old cup of coffee.

Whether it's the traditional Earl Grey or fancy variations, like carbonated teas, or tea-infused alcoholic drinks, the number of options for afternoon tea is growing at a stunning pace.

"Like wine, people are engaged by the complexities and the intricacies of tea," said Keith Howlett, an analyst with Desjardins, who watches trends in the retail industry.

"It's a familiar beverage and I think that's opened up possibilities."

During the past few years, more tea shops have established a quiet presence in neighbourhoods across the country, relying primarily on word of mouth to entice new customers, but the buzz is about to become much louder as Starbucks tries to grab a taste of the fervour.

Last month, the Seattle-based coffee chain opened its first "tea bar" in New York City, a symbolic step towards expanding its Teavana store base. The company made the biggest acquisition in its history last year when it spent $620 million US to acquire about 300 Teavana stores, including 59 locations in Canada.

The rollout could find a particularly receptive audience in Canada where tea is the fifth most popular beverage, with nearly 10 billion cups drunk each year, according to Statistics Canada. THE CANADIAN PRESS

Steeped in tradition

"Canada has always been a hot-tea-drinking country because of our British past."

Louise Roberge, president of the Tea Association of Canada, a lobbyist group for the industry

Women's rights. Bank of Canada may put women on currency ... next time

Bank of Canada governor Stephen Poloz says he is "absolutely open" to the idea of putting an identifiable woman back on Canada's currency, but that will have to wait until the next roll-out of bills.

The central bank has taken heat from women's groups for removing the so-called Famous Five, relating to the Supreme Court case that recognized women as persons, from the $50 note in the most recent roll-out of polymer bills.

Poloz acknowledges he had a weighty petition with 22,000 signatures plunked on his desk recently drawing his attention to the omission.

Canadian women may have to wait a few years, however, possibly as much as a decade. And there are no guarantees.

The new $50 bill, released in 2012, drew ire for removing the so-called Famous Five. THE CANADIAN PRESS FILE

Poloz says the process takes years and includes public consultations and focus-group testing to settle on a theme and the images to display the theme.

In the current series, which cost $20 million to develop, the chosen theme was "frontiers" dealing with Canadian breakthroughs.

THE CANADIAN PRESS

Following bad press

EBay apologizes, quickly removes Holocaust items

Online auction site eBay has apologized after a newspaper found apparent Holocaust memorabilia, including the clothes of concentration camp victims, being offered for sale.

THE ASSOCIATED PRESS

Random biz fact of the day

5-7 sec.

Recruiters spend an average 5-7 seconds looking at a CV. BEHIRING/NEXCARRER

JUSTIN SULLIVAN/GETTY IMAGES

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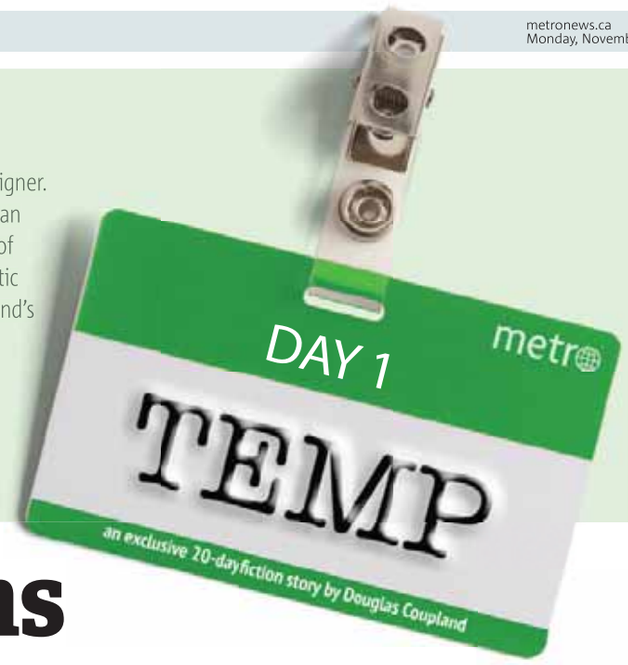
Douglas Coupland

Douglas Coupland is a Canadian novelist, visual artist and designer. His first novel, published in 1991, was Generation X: Tales for an Accelerated Culture. He has published 13 novels, a collection of short stories, seven nonfiction books, and a number of dramatic works and screenplays for film and television. Douglas Coupland's novels and visual work synthesize high and low culture, web technology, religion, and changes in human existence caused by modern technologies.

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.



Temp Enlivens Life-Sucking Meeting

I've learned over the years that the fastest way to turn an office to a grinding halt is simply to write 'broken' on a piece of paper, and tape it onto the photocopier. Staffers walk to the machine, see the sign, feel momentarily inconvenienced, and then glow inwardly when they realize they can blamelessly return to their cubicle and play FreeCell and trawl the Internet for Russian dash-cam car accident gifs.

Greetings. My name is Shannon. I'm a temp, but more than that, I'm the future of employment in the Western world. Sure, you may have a job right now, but one day you'll be me, roving from gig to gig, no medical, no dental, no anything else except the pleasure of not having to kiss ass or put up with imbeciles or care much about things like, say, life-suckingly boring meetings of the sort I sit in on at Taylor, Wagner & Kimura Filter Systems. TWK's owners are systematically moving the company to China and everyone knows it. Pretty much once a day someone at TWK is given the axe while I, as temp goddess, casually buff my nails or stalk Facebook looking for unflattering photos of the popular kids I used to go to high school with. There used to be a full-time receptionist but she went on mat leave. So here I am. Temp!

Dan Wagner (the Danimal) who co-owns TWK understands my devil-may-care, low-commitment attitude. Like today when he called me in from the front. "If it's OK, young Shannon here is going to take notes on today's meeting." Dan always winks at me, which is slightly pervy but technically not actionable as harassment.

My name is Shannon. I'm a temp, but more than that, I'm the future of employment in the Western world.

The Three Sarahs roll their eyes when Dan brings me in. Yes, you read that correctly: Sarah from Marketing, Sarah from Ecommerce Strategy and Sarah from Systems. Don't get me going.

So when the meeting invariably turns into an inevitable miasma of fear and crushed dreams Dan will say, "Shannon, give us a lift, why don't you. What's your random fun fact of the day?"

Today's fun fact: "Well, Dan, what country on Earth has the world's lowest age of consent?" This question was just racy enough to ensure that even the Sarahs listened in.

"What country would that be, Shannon?"

"The Vatican. The age of consent there is 12."

Even the Sarahs reacted to that one.

"Seriously?"

"12?"

Everyone whipped out their gadgets and dog piled onto Wikipedia. "Wait," said Sarah Number Two, "I think it might actually be 14."

"Well," said Dan, "The 13-year-olds over there must certainly be sleeping easy tonight. Shannon, thank you for bringing joy and knowledge to our universe. Phelps, you are good."

I am.

TO BE CONTINUED...

All work, low pay

Health and dental? Dream on, you part-time workers

The service industry has the highest level of temp jobs that are considered "precarious employment," according to a report called Untapped Potential: Creating a Better Future for Service Workers, by the Institute for Competitiveness & Prosperity and the Martin Prosperity Institute.

Part-time work that pays less than $24,000 a year, "precarious employment," makes it tough to get ahead. Sometimes juggling more than one job, in positions such as cashiers, taxi drivers and health-care aides, few of these routine service workers receive health or dental benefits or have access to retirement pension plans, the report notes. TORSTAR NEWS SERVICE

GETTY IMAGES

Random fact of the day

Women really are shoeaholics!

- In the Western world, the average man owns 12 pairs of shoes, while the average woman owns 27.

SOURCE: TIME.COM

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SELF-CONTROL — NOT LAWS — NEEDED

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

A few weeks ago, as I waited at the Rideau Centre for my scenic No. 12 detour through Sandy Hill, I overheard a strangely familiar voice making small talk on the uncommonly wonkish topics of agriculture, potash and Eugene Whelan.

Who could it be but Saskatchewan Liberal MP Ralph Goodale, who used to get around town in a limo as the country's finance minister? He said goodbye to his interlocutor and got on my bus, where he was just another passenger, unremarked and seemingly unrecognized.

So when Goodale reintroduced Bill C-533, which would increase penalties for assaulting transit operators on the job, I had a sense his heart was in the right place: on the bus.

In order to improve the snowball's chance his private member's bill has of becoming law, he's asking the Conservative government to get behind it. The NDP's Peter Julian has tabled similar legislation.

The ATU local is enthusiastically onside and council is likely to come out in support of the bill in a city that last year reported an assault on a transit driver about every two weeks on average, where many were angered last week to see a local thug get a suspended sentence for breaking a driver's nose and cracking his rib.

Threats to operator safety are threats to passenger safety and to the functioning of the entire transit system, so, sure, if the victim of an assault is an on-duty driver, it should be considered an aggravating factor.

The only problem is I doubt the measure would have any practical effect on driver safety.

Don't get me wrong; these attacks disgust me. Sucker-punching a driver (male or female) — who, by the way, is seated and likely strapped in — and then more often than not running away is pretty low for anyone in possession of opposable thumbs.

When I saw video of a berserk assault on a Winnipeg bus driver and learned police had arrested a suspect last week, I was a little ashamed to find myself wishing him a particularly unpleasant and accident-prone time in custody.

But whether a particular abuser is struggling with poor impulse control or inflated self-importance, substance abuse or mental illness, the one thing they are unlikely wrestling with is a rational calculation of the potential cost of their actions. Tough-on-crime measures are good politics, but making offences even more illegal have spotty records of reducing incidence.

I don't have the solution either, but we could start with an attitude adjustment on behalf of riders, the normal, non-violent ones who still can't help blaming their lateness on the person driving the bus just because that's who's handy for venting on.

Frustration is an unavoidable ingredient of shared transportation. Last Friday morning, I budgeted 40 minutes for a 25-minute trip on a bus purportedly scheduled every six minutes.

Somewhere, the transit gods were laughing their asses off. I missed the first bus and then waited over 20 minutes for the next one. Add construction and traffic, and that 25-minute ride took an hour. Not the driver's fault, and no one should take it out on them.

metro PHOTO CHALLENGE

Contest winner's ears must have been ringing

COURTESY ALEXANDER WHISTLERS

Capturing a sense is part of the challenge

Alexander Whistlers, of Russia, is one of this year's global grand winners of Metro's Photo Challenge with his submission of the child musician. This year's challenge entailed capturing a sense. Whistlers and another Photo Challenge winner will join sponsor Reach for Change on a life-changing trip to Ghana, West Africa. There they will meet Change leaders — local heroes improving life for children.

The photos taken during the expedition will be published worldwide in Metro. METRO

Listen up

"When you see a real good picture, you can feel it in your stomach. This is the one I felt from the texts in the background to the colour of the boy's face."
Urban Brådhe, contest judge

What else?

Visit metronews.ca for more photo contest submissions.

And check here tomorrow to view the second global winner.

CONTRIBUTED

WE ACT:
CANADA DOES GOOD

Hope Blooms in north-end Halifax

Across the nation in our neighbourhoods, Canadians are up to a whole lot of good. Here's one we'd like you to meet:

Who: Jessie Jollymore (pictured), 54, green-thumbed go-getter
Where: Halifax, N.S.
What: Hope Blooms, a youth-led community garden
Why: "When you change the way you look at things, the things you look at change," says Jollymore.

Jollymore saw potential in a trash-filled lot of the public housing project of Uniacke Square. With chicken wire, donated seedlings and a five-hose line connected to a kitchen sink, she mobilized nine youth from the low-income neighbourhood to set up a community garden. Today, the volunteers of Hope Blooms are local leaders and expert farmers, producing more than 2,000 pounds of communal crops annually.

What inspired you to get started? "I felt that if there was something growing that the youth felt was their own, it may change things. We didn't know what we were doing at first. I basically had to search, 'How do you plant things?' But we kept digging until we had over 3,600 square feet and a greenhouse."

What motivates the work you do every day? "These youth were bullied in school, picked on because of where they live. But they changed the way they see themselves — as business people, as change-makers — and people outside the community are changing the way they see the kids.

"There's an old saying that it takes a village to raise a child, but sometimes the children raise the village."

CRAIG AND MARC KIELBURGER

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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SCENE 2

Fan fic

The Making of Star Wars

By. J. W. Rinzler

Kindle/Books

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

"He had an underlying current of sensual hostility," says George Lucas as Harrison Ford whoops and hollers in hearing himself described that way, one of many recently recovered audio and video clips featured in this enhanced ebook that explores the fascinating early days of Star Wars, when Luke was a girl, Han Solo was black, and Obi-Wan was a Japanese Samurai.

Box office

Ender's Game the weekend winner

Ender's Game scored the No. 1 slot at the weekend box office, earning $28 million in its opening weekend and sending Jackass Presents: Bad Grandpa into second place, according to studio estimates Sunday. Paramount's candid-camera comedy starring Johnny Knoxville brought in another $20.5 million in its second weekend.

THE CANADIAN PRESS

Need to illustrate your status update?

There's an app for that. When words aren't enough, Bitstrips supplies toons for your tales

ANDREA PARK
Metro World News in New York

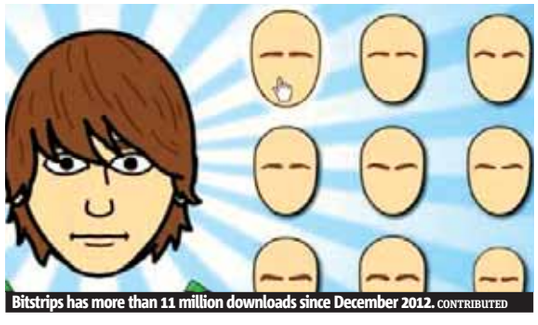
If you've been spending time lately on Facebook (and who among us hasn't), you may have noticed cartoon versions of your friends popping up on your news feed from an app called Bitstrips. The app was released in 2012, but the company only came out with iPhone and Android updates in September. Now, the personalized comic app is exploding on Facebook, with more than 11 million downloads since its December 2012 launch.

Bitstrips allows you to interact with your friends through social media using comic messages and visual status updates. Here are five things you need to know about the most popular free app on iTunes right now:

1. Bitstrips is Canadian
"We've been completely overwhelmed by the enormous response," said CEO, creative director and co-founder Jacob Blackstock (a.k.a BA). "We're ecstatic that this new way to express yourself online is capturing people's imagination in the way that it has."

Even though Bitstrips first rose to prominence in Canada, the app has taken off around the world, from Europe to Latin America. It's even been adopted by the Ontario school system for use in classrooms across the province.

Metro writer Andrea Park tries out Bitstrips. CONTRIBUTED



Bitstrips has more than 11 million downloads since December 2012. CONTRIBUTED

2. You are the star
You can completely customize your avatar on Bitstrips, from adding in a wheelchair to changing the size of your pupils. You can then add your character into preset Bitstrips scenes; you can share these on Facebook or make greeting cards with them.

3. Your friends can join you in the comic strips
If your friends are on Bitstrips with their own avatars, you can add them into your own comic strips for fun, pre-set scenarios like, "Jane finally bores John to death," with a comic of John leaving on a stretcher while Jane chats away.

4. You need to have Facebook to use Bitstrips
Like it or not, if you want to use Bitstrips you have to be game for letting the app post your comics on Facebook. You can change the privacy settings of your Bitstrips so your Facebook friends don't see them, but they do get sent to your profile. The strips are meant to be used in lieu of a Facebook status or wall post, like, "John is excited to be going on vacation."

5. You can change the Bitstrips scenes
While the background and positioning of the avatars will stay the same in given Bitstrips scenes, you can change facial expressions and text to make the strips your own.

For more info, visit bitstrips.com. WITH FILES FROM VAWN HIMMELSBACH

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Miley Cyrus

Miley getting over Hemsworth quick

Miley Cyrus appears to be moving on just fine after her split from ex-fiancé Liam Hemsworth. The Wrecking Ball singer was spotted locking lips with Good Charlotte guitarist Benji Madden at Hollywood hot spot Bootsy Bellows on Halloween, according to E! News. Cyrus was reportedly enjoying a girls' night out with Kelly Osbourne and about 10 other friends, but her attention turned to Madden when he arrived. They later left together with a group of friends.

Robert Pattinson

No day break for Twilight stars

Robert Pattinson and Kristen Stewart met up last week, but fans hoping for a reconciliation will have to keep waiting.

The meeting between the Twilight exes was reportedly "very platonic," a source tells TMZ. Their meeting was apparently just to discuss the two dogs they share, Bear and Bernie.

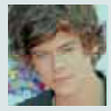
Justin Bieber. ALL PHOTOS GETTY IMAGES

At least he's not peeing in a bucket — Bieber caught leaving brothel

They grow up so fast.

Just days after allegedly spending the night with a prostitute in Panama, Justin Bieber was caught by photographers sneaking out of a brothel in Brazil, according to Page Six. As one of his security guards sprayed photographers with water in an effort to ward them off, others hurried the 19-year-old Canadian pop star out the front entrance hidden under a sheet bearing the logo of the brothel — though one of Bieber's many tattoos was clearly visible. Bieber and a friend reportedly spent three hours at the establishment, Centauros in Rio de Janeiro, before leaving with two women and returning to his hotel.

Twitter



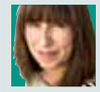
@Harry_Styles
So that's it.

@solangeknowles
And it's better to laugh than to smh But sometimes I still gotta smh so I just smh and lol cuuuuuuuz smh lol.

@WhitneyCummings
Just saw the movie where Matthew McConaughy lost weight to look emaciated-in other words he's doing what actresses do for every movie

The Word

The sky's the limit for Kanye's wedding

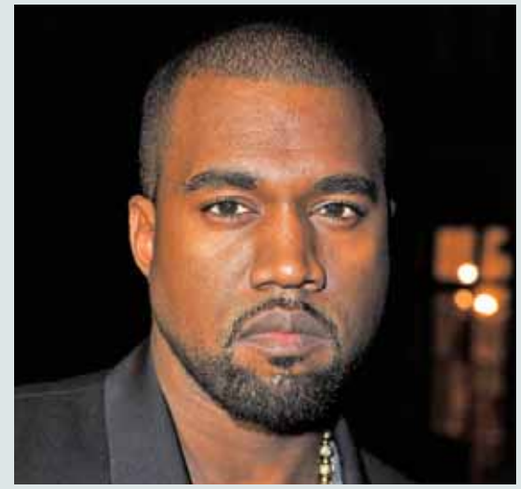


STARGAZING
Malene Arpe
scene@metronews.ca

Kanye West says he wants fighter jets at his and Kim's wedding. Not because he wants to be overly ostentatious but because it's pretty much the only way to keep Kris Jenner from selling off the rented flatware.

Keith Urban says that he and his wife, Nicole Kidman, sext each other about once a year. No one dares ask what they do every five years.

The actress who played Pippi Longstocking in a 1988 movie is now stripping in Las Vegas alongside Joslyn James, one of Tiger Woods' many mistresses. See, Jon Gosselin, there is always hope.



Kim Kardashian shares that, after the birth of her baby, "when I came back from the hospital the first thing I did was go and look at my vagina in the mirror. It looks better looking than before." #priorities #eeeek #heyhowyoudoing.

Tori Spelling describes Katie Holmes as a "plastic robot" who "can't sing." "You're super-mean, Tori, and it's not my fault," says Katie Holmes. "Tommy insisted he get custody of the music programming."

Miley Cyrus's 13-year-old sister Noah is photographed while she's driving a car. "I know. That was a terrible judgment on my part," says Billy Ray. "What parent in their right mind would let their daughter get photographed clothed?"

LA SEMAINE NATIONALE DE L'IMMIGRATION francophone

RÉSEAU DE SOUTIEN À L'IMMIGRATION FRANCOPHONE DE L'EST DE L'ONTARIO

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L'immigration francophone : Une diversité qui nous unit !

Le Réseau de soutien à l'immigration francophone de l'Est de l'Ontario en appui avec ses partenaires est fier d'annoncer certaines activités à Ottawa :

6 novembre

- Réseautage entre chercheurs d'emploi et employeurs. Animé par YMCA-YWCA
- Activité employeurs et chercheurs d'emploi. Animée par La Cité Collégiale.
- Atelier : Techniques de réseautage et de suivis. Animé par la Bonne Affaire du RDÉE Ontario.
- Activité : Témoignages des clients et réseautage. Organisée par Compétences Mondiales et animée par l'ACFO- Ottawa

Renseignements : mayra.gutierrez@cesoc.ca

7 Novembre

- Déjeuner-rencontre. Amphithéâtre de La Cité Collégiale.

Renseignements : AYenga@lacitec.on.ca

- Atelier : Compétences culturelles. Activité programmée par La Passerelle et le CESOC.

Renseignements : Ikabogoye@cesoc.ca

La Semaine nationale de l'immigration francophone est une initiative de la FCFA du Canada et des Réseaux en immigration francophone (RIF), rendue possible grâce à l'appui financier de Citoyenneté et Immigration Canada.

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Housework

It's all fun and games — and your house ends up clean

Are you finding it hard to get any amount of housework done with your busy toddler?

Give yourself twice (or three times) as long to do a normal task — like vacuuming or mopping — and try to turn it into a game where your toddler can help you.

Strap him on your back and let him push the vacuum with you. Let him help you "wring out" the mop. Let him dry dishes.

Sure, you might make more of a mess along the way, but he'll enjoy being your sidekick, and your house will at least be cleanish.

JEN WARMAN OF YUMMYMUMMYCLUB.CA

Trying to get things done around the house with a toddler can be a challenge, unless you involve him or her. ISTOCK

Exclusively online

Hannah Montana what have you done?! Find out why Miley means Mommy needs a cocktail with hilarious Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the bestselling book Reasons Mommy Drinks, at metronews.ca/voices

The gift of not giving a thing

A new approach. One mom shares why she doesn't want any more presents for her kids

CHRISTELLA MORRIS
YummyMummyClub.ca

We're pretty lucky in our family. In May alone, I can cross off three out of four birthdays! Christmas and the fourth birthday are taken care of in December. This makes for a lot less time worrying about buying presents and a lot more time thinking about how much stuff we have. I really can't imagine having more things in my house. Toys, clothes, sippy cups, dirty dishes — we've got so much already.

I don't want to sound ungrateful for the amazing generosity of our friends and family because we're beyond thankful for all they've given us. But it's just so much. My boys really do not need another thing.

My favourite thing about presents is giving them. I spend extra time and care when giving so I know how difficult it can be to find that perfect gift.

But what if nobody gave my boys presents anymore? What if they only gave them gifts? The gifts of experience, adventure, and, more importantly, familiarity that they truly need.

So, before the start of the holiday season, I'm beginning a new tradition by asking that our friends and family offer experiences and time with our boys instead of money spent on them. Instead of buying my boys a toy lion, why not take one (or both) of them to the zoo to see a real one? Spending some time with a family member or friend would mean so much more to them than another toy.

Not a lot of time to give? What about contributing toward one of the shockingly expensive activities the boys participate in — piano, drum, guitar, swimming, dance lessons or soccer?

Don't have a lot of money? Hey, neither do we! No biggie. How about just spending some quality time with the boys? Set a day and take them to the park. Take one of them on a bike ride. Take one to the movies. Instead of investing in their toy collections, invest in your relationship with them.

We have a really good friend who, back in May, couldn't make it to Cash's third birthday party. She said she wanted to drop off a present at another time and I said. "He really doesn't need anything, but we'd love a visit! Why not just take him and do something with him, just the two of you?" In the end she, her boyfriend, and their friend and her daughter went to the zoo with Cash and he loved it.

I always think about the what ifs. What if something happened to me? What if something happened to their dad? They've built strong bonds with some family members, but others are only seen on occasion and only for short periods of time.

Building relationships now with these family members and friends will only benefit them in the long run if something were to ever happen to us.

These are the things I think about, people. Deep, I know.

But seriously, if you're in our circle of friends or family, please don't buy my kids presents but instead give them the gift of your time and love. That's the only thing they need.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN SURVIVE MOTHERHOOD

Giving kids your time is more valuable than presents. ISTOCK

First the pumpkin patch, then the world

This morning, my little girl is getting on a school bus and going to the pumpkin patch on a class trip. I feel like crying. I wanted to go with her. The school said no parent volunteers. I wanted to keep her home. My husband said, "Let her go!"

I'm not sure I'm ready for my kiddo to grow up. To have experiences — without me!

I think I want her to stay my baby just a little big longer.

But this is all part of the parenting journey (or so they say).

First it's a class trip, then day camp in the summer. Before I know it, she'll be going over to her friends' houses without me and walking to school by herself. Inevitably, she'll grow up, whether I'm ready for her to or not.

It's all just a bit hard to swallow.

How do you let your kid grow up without getting in her way? How do you hide your apprehension so she can go out into the world and be brave and confident and full of wonder?

I'm reminded of an interview I did last year with Dr. Michael Thompson, a psychologist and best-selling author of Homesick and Happy: How Time Away From Parents Can Help A Child Grow. He said, "Modern parents think their presence always adds value to their kids lives, ... but this is not the case. You cannot give your child independence. You can only open the door and let your child walk out and have an experience on his or her own."

So, here I go. I'm opening the door. I'm not getting in my car and following that big yellow school bus all the way to the pumpkin patch (though, trust me, I've thought about it). I'm not insisting that I be allowed to accompany my child on this trip. I'm letting her go. I'm letting her grow. I'm letting her spread her little wings.

And all I can do is pray that she's always safe and happy, even when I'm not by her side.

Now someone pass me the wine — quick!

HAILEY EISEN OF YUMMYMUMMYCLUB.CA

Men's health

Prostate cancer 101: Symptoms and prevention

What is the prostate?
The walnut-sized prostate is a part of the male reproductive system. It adds nutrients and fluid to sperm, and is located in front of the rectum, right below the bladder.

What is prostate cancer?
Prostate cancer is a disease in which some prostate cells have lost normal control of growth and division. They no longer function as healthy cells.

Signs and symptoms of prostate cancer:
- Difficulty urinating
- Urgent need to urinate
- Frequent urination, especially at nighttime
- Burning or pain when urinating
- Inability to urinate or difficulty starting or stopping urine flow
- Painful ejaculation
- Blood in the urine or semen

Beware silent symptoms
Symptoms are not always present, especially in the early stages of prostate cancer. But if detected and treated early, your chances of survival are greatly increased. It's vital to get screened regularly so that if you do develop prostate cancer, the appropriate treatment can be taken.

Diet and lifestyle
- Men who have a low-fibre, high-fat diet have a higher rate of prostate cancer.
- A high body mass index (BMI) may increase your risk of prostate cancer.
- Being physically active is a good preventative tactic, along with losing weight and eating the right foods. Consuming lycopene (found in tomatoes and tomato products), soy, green tea and cruciferous vegetables (such as broccoli), may help to prevent prostate cancer. METRO

ISTOCK

Start those 'staches: Movember marks 10 years of hairy upper lips

Worldwide campaign.
Annual event contributes millions to research and encourages men to take control of their health

Famous folks with moustaches include, from left, Tom Selleck, Clark Gable, Salvador Dali, Richard Pryor and Ryan Gosling. GETTY IMAGES

Movember celebrates its 10th anniversary this fall. That's a decade spent raising funds for and awareness of prostate and testicular cancer, along with highlighting men's health in general. Since its beginnings in Australia, this annual campaign has become the world's largest non-government-funded organization donating to prostate cancer research.

"Last year, we eclipsed our goal of one million participants worldwide and raised over $147 million," says Mark Hedstrom, a spokesman for the annual fundraiser.

Movember is a simple, fun effort that works like this: Participants register online and sign up sponsors. Then, on Nov. 1, the Movember men shave their faces clean and for the rest of the month grow a moustache. In Australia, the nickname for a moustache is a mo.

Despite the millions Movember puts into research, Hedstrom says an equally important goal of the campaign is having men take control of their health.

"We want men to think November, then Movember, and then think about getting a health check and telling other men to get a check up," says Hedstrom.

Go to ca.movember.com, hit Sign Up, and fill out your deets. It takes mere minutes to create a Mo Space page, where you can upload a profile photo, invite friends to register and donate, and set your personal URL you can send around.

Join a team, go out on your own, or create your own team. METRO AND NEIL MORTON/FOR METRO

Facts you need to know about prostate cancer

- Prostate cancer is the most common cancer in Canadian men and the second-largest cause of male cancer deaths in Canada.
- Each year around 23,600 new cases are diagnosed in Canada and close to 3,900 Canadian men die of the disease every year.
- One in seven men will develop prostate cancer during his lifetime and one in 28 will die of it.
- If detected and treated early, there is a 95-per-cent survival rate associated with prostate cancer.

Growing my first mo.
I didn't bring sexy back, but I sure felt empowered

Neil Morton shows off last year's Movember look. COURTESY NEIL MORTON

Last year, for the first time, I grew a mo' for Movember. I had no idea what it would be like to grow a moustache, but the reaction from friends, family, colleagues and strangers alike was fantastic.

Sure, my mo' looked a bit silly on me, as my wife and two daughters can attest — I didn't exactly bring sexy back — but it was a totally empowering experience.

For those who didn't know why I was growing my mo' (yes, there are still some folks who aren't familiar with Movember) it was a great chance to start a conversation and explain why I was doing it, and what the cause is all about — prostate-cancer awareness and men's mental health.

Participating makes you basically a walking billboard for men's health. Being my first time out, I decided to join a team. There's strength in numbers, and it pushes you to compete with your teammates for donations. It's also neat to see your collective total build up over the month. You can also create your own team, and become a captain. If you decide to grow a mo', don't be shy about asking for donations.

If you're trying it this year or considering, be proud of joining this global movement — the Movember effect. There's no better way to get men talking proactively about their health. NEIL MORTON/FOR METRO

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Can't grow a mo? You can still help raise money

Fundraising. Here are creative ways people across Canada are helping the cause

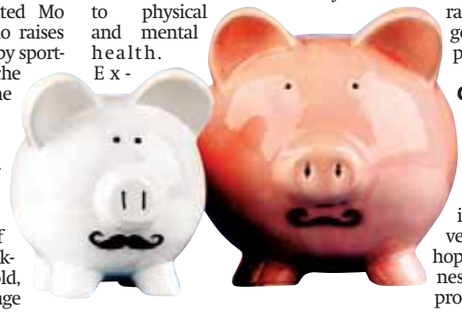
NEIL MORTON
For Metro

Mo Sistas
Women who support the power of the mo — a.k.a. Mo Sistas — are raising money and providing moral support. They can sign up at ca.movember.com and start or join a team and think of creative ways to raise funds. Rebecca Pyrah, for example, is a dedicated Mo Sista from Ottawa who raises money and awareness by sporting a theatre moustache for the duration of the month.

Walking
Rocco Rossi, CEO of Prostate Cancer Canada, is doing a pilgrimage on behalf of the organization, walking a thousand-year-old, 900-kilometre pilgrimage trail in northern Spain with nothing but a backpack. You can make an online donation at prostatecancer.ca/roccorossi.

Host a Movember gala
Throw a party in your workplace, home or at a bar to mark the end of Movember and thank your Mo Bros and Mo Sistas for their outstanding fundraising efforts. You can give out awards for best participants, such as ultimate mo, lame mo, Mo Bro and Mo Sista or best dressed couple.

MOVE
This new initiative encourages Mo Bros and Mo Sistas to be active, which is key to physical and mental health. Examples include everything from walking your first five kilometre race or trying out yoga to taking the stairs to your office each day, play ing in a basketball tournament or doing crossfit. MOVE can also be a pledge to undertake small actions all month long. Learn more about MOVE at ca.movember.com.



MoVending machine
Fleming College in Peterborough, Ont., is introducing a MoVending Machine on campus, which will be stocked with moustache-related items such as key chains, earrings and scarves. The goal is not just to raise money, but to also raise awareness and get women on campus involved.

Cycling across Canada
Best buddies Jordan Gildersleeve, Kevin Shaw and Ben Frisby are riding from Vancouver to Toronto in the hope of raising awareness and $100,000 for prostate research and men's health. Dubbed the Moustache Ride Across Canada, they're visiting schools, hospitals and organizations during their amazing trek. Learn more at moridecanada.ca.

Oil Rig Rumble
For the second year in a row, the Oil Rig Rumble will take place in Calgary. In 2012, 1,390 people from the oil and gas sector on 65 teams raised $1,268,005 for Movember Canada in the Oil and Gas Challenge, making it the second highest fundraising network in the country.

Art
An Edmonton artist named Saniya has gathered prominent local citizens to do Mo-Art on an everyday objects. This year they have chosen matryoshka dolls. Artists have until Nov. 15 to complete their work, and then the dolls will be auctioned off.

Police
Toronto Police have rallied around the cause of Movember, with 244 members participating in 2012 and more expected this year.

Anyone can help by raising money or providing moral support. ISTOCK

Talking prostates, ED and other health issues

LINDA CLARKE
Metro World News in New York City

Below-the-belt problems are embarrassing topics for men to talk about, even with their doctors. However, Dr. Gerald Chodak, author of the just-published Winning the Battle Against Prostate Cancer, says that talking with your doctor saves a lot of stress, and might just save your life.

Remember, your doctor's heard it all — and isn't there to judge. Here are just a few common questions we got Chodak to speak on.

Will I get prostate cancer?
The PSA blood test, developed in the 1980s, measures a protein produced by both cancerous and non-cancerous cells. If the PSA reveals a high count of the protein, a doctor then looks for cancer cells, and it's likely they will be found. But don't worry! These cells don't mean you have the disease.

"By the age of 20, 12 per cent of all men have cancer cells in their prostate," says Chodak. "By age 50, it's 30 per cent — and by age 80, it's around 70 or 80 per cent. If you look for cancer cells, you will find them, but most men are never in danger," says Chodak.

Not alone

"It helps to know that 40 million American men have the same problem with erections."
Dr. Gerald Chodak, author of Winning the Battle Against Prostate Cancer

Men should be aware of their prostate cancer risk, especially those with a father or brother who has had the disease. "It almost doubles the risk," says Chodak. African-American men are also more likely to develop the disease.

There has been controversy surrounding the decision to get a PSA. Talk to your doctor about how to make the right choice for you.

Why do I have an enlarged prostate?
Prostatic hyperplasia, or enlarged prostate, is generally considered a benign condition, but it's uncomfortable. "It causes a range of urinary complaints including slowing of the (urine) stream, getting up to urinate at night, difficulty starting and stopping the stream and incomplete emptying of the bladder," Chodak says.

Unfortunately, we don't know the reasons behind it, but it can be treated. Medication and surgery are options, as is a new non-surgical choice, PlasmaButton, which claims to vaporize the enlarged prostate tissue away, reducing pressure on the urethra.

Why can't I get it up?
If you're facing this issue, know that you're not alone: "It helps to know that 40 million American men have the same problem with erections," says Chodak. "It's usually men in their 30s or 40s."

Chodak says you should bring the issue to the attention of your doctor, who can help you narrow down the cause behind it. "It can depend on weight and diet and drugs you might be taking — including recreational drugs." Your doctor can then supply medication and look into supplementing your testosterone to fix the problem.

Work wise: Don't let the temp be dropped

Part-timer pointers. If you don't want to be permanently pushed from your temporary position, avoid these workplace mistakes

VAWN HIMMELSBACH
life@metronews.ca

More companies are turning to temps to help out during busy periods or fill in when an employee is sick or on vacation.

If you're looking for full-time work or a way to supplement your income, temping can be a great option.

But if you want to keep the temp jobs rolling in, here are five things you should avoid on the (temporary) job:

Don't dress like a slob

- Even if you're not looking to turn a temping job into a full-time position, it's not a good idea to show up for work in a pair of sweats (unless, of course, you're going to spend the day painting).
- Temping can open doors to opportunities you hadn't considered, so it's important to dress for success.

Avoid stirring the pot

One of the downsides of being a temp is that you're easily replaceable, so it's not in your best interest to go around burning bridges.

Don't reorganize your co-worker's desk

If you're temping to fill in for someone who's sick or on vacation, there's a good chance you'll be sitting at their desk. While it's okay to wipe cookie crumbs off the keyboard, the person who regularly sits there probably isn't going to appreciate it if you tidy up their workspace or reorganize files on their computer (or leave your own cookie crumbs on their keyboard).

Don't get involved in office politics

If you're temping on a regular basis for the same company, it's easy to get sucked into office politics.

Try your best to avoid gossiping about co-workers and getting involved in office dramas — one of the downsides of being a temp is that you're easily replaceable, so it's not in your best interest to go around burning bridges.

Don't use work time as personal time

It's OK to chat with your co-workers; after all, you're not a robot. But it's best to avoid compulsively checking Facebook, making personal calls or scanning job sites for full-time employment while you're on the clock — this sends a message to your temporary employer that you're not taking the job seriously.

Don't compromise yourself

While you shouldn't waste your employer's time, you should also value your own. Some temps want to make a good impression by working through their unpaid lunch break or taking on tasks that are outside of the original temping contract.

If you burn out or get sick, you won't be able to keep working — and you don't have benefits or sick days to fall back on.

If you don't take care of yourself, no one else is going to do it for you.

Don't make a mess of this pending position. ISTOCK

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The importance of being influential: What it means to be a modern mentor

My guru of greatness.
Three reasons to take a wandering business hopeful under your wing

Advising an up-and-coming entrepreneur can do just as much for your career as it can for someone's future success.
ISTOCK

Ask Kevin Schwenker about his experiences as a mentor and he'll likely have enough stories to convince any businessperson to free up some time to find a protegé or two.

Schwenker is a seven-year mentor with the Canadian Youth Business Foundation, a non-profit organization that provides youth aged 18 to 39 with start-up financing, pre-launch expertise, online business resources and mentoring to help them launch and sustain successful businesses.

As a mentor, your skills, experience and knowledge can play a key role in helping a future mogul get their business off the ground and turn their dream into a reality.

"It doesn't take a lot of time to make a huge difference in helping a young entrepreneur become successful," Schwenker says. Need more incentive? Here are some reasons you should consider taking on a mentee:

Pay it forward

Maybe your mentor was a kind professor who coached you before you landed your first job.

Perhaps it was a manager who took you under their wing. There's at least one person who played a role in shaping the businessperson you are today.

As a mentor, you can help mold the next generation, which means you can:

Influence the future of Canadian business

"I've always believed that providing a powerful vision of the future is the most important legacy we can give to our youth; supporting self-sufficiency via mentoring is a powerful influence one can have on the future," says Schwenker.

NEWS CANADA

Reap the benefits

You get what you give

In addition to helping others, many mentors claim to get much more out of the experience than they feel they give, including building their skills to advance their career and set them apart from peers, raising their personal profile and gaining personal satisfaction by contributing to the economic development of their community.

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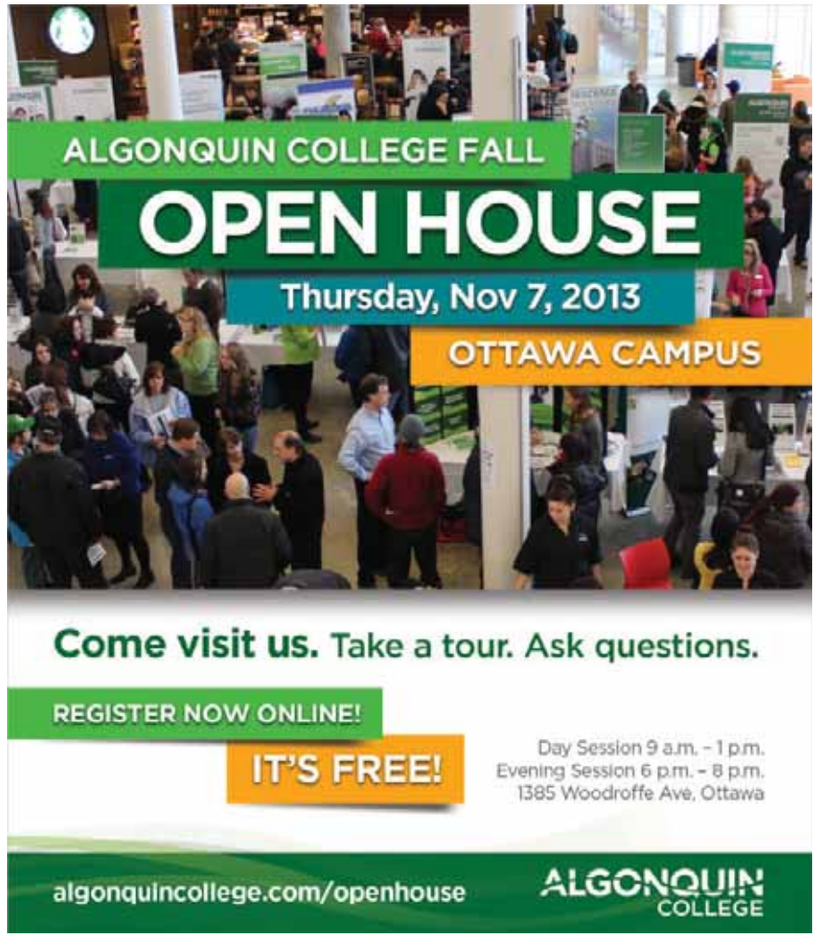

'Round the world wisdom

Facing adversity? Failure is only information

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

We all experience failure. But do we always learn valuable lessons? Though failure can be harsh, it oftentimes is a gateway to greater success.

In preparing for the Gobi Desert race, my failures occurred early in training. As a first-time runner, my technique was poor and, compounded with a lot of distance running, I got injured fast. In addition to stinging blisters and routinely sore muscles, shin splints were now a reality. Known as a debilitating runner's curse, the injury had my doctor prescribing two months of rest and suggesting I only train in the pool.

Let the "you won't make its" wash away. ISTOCK

Back then, the finish line seemed further away than ever — a race that was over two months before it even began. Acknowledging reality, I accepted failure, but made the decision to reframe it as "just information."

Committing myself to in-pool training, I found myself clasping a floatie alongside the lovely grannies of the early morning aqua-fitness class. Repeatedly watching a video showing proper running technique, I adapted my own method. I relentlessly practised in the pool, where the water's resistance allowed for slow motion running. My failure in training caused me to pause, review, and set a new training approach.

What had seemed impossible then happened. Ironically, my last step out of the water would be followed by my first step in the desert. After not actually running in over two months, and never having run more than half a marathon, I embarked on my first ever marathon.

Failure allowed me to hit reset and alter my technique. As unlikely as it may seem, failure can be the key to unlocking future successes.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Bloody Mary isn't just a drink (or a ghost in the mirror)

There's a secret ingredient popping up in a diverse range of recipes.

Fish sauce, traditionally used as a flavour enhancer in Asian cuisine, is being added to dishes such as this Bloody Mary Chicken with Olive-Celery Tapenade.

1. In a zip-close plastic bag, combine the V8, fish sauce, Worcestershire, horseradish and cayenne pepper. Add the chicken, close the bag, squeezing out any air, then refrigerate and allow to marinate for 2 to 6 hours.

2. Meanwhile, prepare the tapenade. In a medium bowl, combine the celery, finely chopped green olives, lemon juice, garlic and peppers. Stir well and allow to sit for at least 1 hour at room temperature for best flavour. This can be prepared ahead and refrigerated, then allowed to come to room temperature before serving.

Ingredients

- 11.5-oz can V8 vegetable juice
- 3 tbsp fish sauce
- 3 tbsp Worcestershire sauce
- 3 tbsp prepared horseradish
- 1/2 tsp cayenne pepper
- 1 1/2 lbs chicken breast tenders
- 3 stalks celery, finely chopped
- 1/2 cup green olives, finely chopped
- 2 tbsp lemon juice
- 2 cloves garlic, minced
- 1/4 cup Peppadew peppers (or other sweet-hot peppers), chopped

3. When ready to cook the chicken, heat a grill to high. Remove the chicken from the marinade and grill on well-oiled grates for 3 minutes per side, or until cooked through. Serve topped with the tapenade.

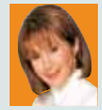
THE ASSOCIATED PRESS

Bloody Mary Chicken with Olive-Celery Tapenade

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Coffee and tea just go so well with pastries, but many are loaded with fat and calories.

Starbucks blueberry scone

460 calories/ 22 g fat

Many of us are under the impression that a scone with tea is a light snack. It's actually one third of your calories and fat for the day!

Equivalent

A Starbucks blueberry scone is equal in fat to six Eggo chocolate chip waffles.

Starbucks croissant

310 calories / 18 g fat

Can you imagine that a buttery croissant has less calories than a scone? It's true.

Dinner. Chicken Cacciatore

1. Cook fettuccine according to package instructions.

2. Season chicken breasts with salt and pepper.

3. Place chicken in ovenproof dish and add onion, garlic, mushrooms, red pepper, Antonella's Roasted Garlic pasta sauce and white wine. Season with salt and pepper, to taste, then cover with aluminum foil and place in a 350 F preheated oven for 90 minutes.

4. For extra flavour, remove dish from the oven just before it's done, sprinkle with cheese and bread crumbs, then place under the broiler until the top turns golden brown.

5. Place chicken on top of cooked fettuccine and serve.

COURTESY ANTONELLA'S PASTA SAUCES

Ingredients

- 1 package of fettuccine (375 g)
- 8 chicken breasts
- Salt and pepper, to taste
- 1 onion, minced
- 2 garlic cloves, chopped
- 1 dozen mushrooms, quartered
- 1 red pepper, thinly sliced
- 1 box (750 ml) of Antonella's Roasted Garlic pasta sauce
- 1 cup of white wine
- 100 g aged cheddar, grated (optional)
- Bread crumbs (optional)

Chicken Parmesan that's big on flavour, but not on fat

A few changes to the traditional Chicken Puttanesca Parmesan recipe and each serving comes in at just 360 calories and 11 grams of fat.

1. Heat the oven to 400 F. Coat a baking sheet with cooking spray.

Ingredients

- 2 boneless, skinless chicken breasts
- 1 egg
- 1 cup panko bread crumbs
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 1 tbsp olive oil
- 4 to 6 oil-packed anchovies
- 1/4 tsp red pepper flakes
- 1 large yellow onion, diced
- 2 Roma tomatoes, cored and chopped
- 1/2 cup chopped pitted Kalamata olives
- 4 cloves garlic, minced
- 2 tbsp capers
- 5 large leaves fresh basil, chopped
- 1/4 cup grated Parmesan cheese

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

2. One at a time, carefully slice each chicken breast in half horizontally to create two thin halves.

3. Place the egg in a wide, shallow bowl. In a second bowl, mix together the bread crumbs, garlic powder, salt and pepper.

4. One at a time, dunk the chicken cutlets first in the egg, then in the bread crumbs, pressing as needed to adhere them to the meat. Arrange the breaded cutlets on the baking sheet, then mist the tops with cooking spray. Bake for 20 minutes, or until lightly browned.

5. Meanwhile, in a large skillet over medium-high, heat the oil. Add the anchovies and red pepper flakes, then sauté until the anchovies have dissolved. Add the onion and sauté for 5 minutes. Add the tomatoes and bring to a simmer. Cook just until the tomatoes begin to break down, about 5 to 7 minutes. Remove the pan from the heat and stir in the olives, garlic, capers and basil. Season with salt and pepper.

6. When the chicken is done, transfer each cutlet to a serving plate. Spoon the sauce over each, then top with Parmesan.

THE ASSOCIATED PRESS

MLB

Tigers go young to replace Leyland

The Detroit Tigers hired Brad Ausmus as their new manager Sunday, turning to a 44-year-old ex-catcher with almost no managerial experience to replace Jim Leyland at the helm of the three-time defending AL Central champions.

THE ASSOCIATED PRESS

Formula One

Vettel still not letting anyone else get a victory

World champion Sebastian Vettel won the Abu Dhabi Grand Prix in dominant fashion Sunday to clinch a seventh straight victory and 11th of a dominating season.

THE ASSOCIATED PRESS

Sebastian Vettel celebrates Sunday's win in Abu Dhabi, United Arab Emirates. GETTY IMAGES

NBA

Heat show sharing side vs. Wizards

LeBron James scored 25 points, Chris Bosh added 24 and the Miami Heat beat the winless Washington Wizards 103-93 on Sunday night to snap a rare two-game slide.

The Heat (2-2) had 32 assists on 37 field goals.

THE ASSOCIATED PRESS

NBA

"I'm just happy to be back on the floor."

Oklahoma City's Russell Westbrook, who had been sidelined for the past six months with a knee injury. The all-star point guard returned to the Thunder lineup for Sunday night's home game against the Phoenix Suns, weeks earlier than expected.

Sens coach MacLean stays on point after latest loss

NHL. Goalie Anderson hurt in OT loss, but bench boss happy with club's fight vs. Stars

It can be hard to stay positive when your team is struggling as badly as the Ottawa Senators have been lately, but Paul MacLean can see the bright side.

After losing 4-3 in a shootout to the Dallas Stars Sunday afternoon, the Senators' coach took solace in the fact that his team forced the game past overtime.

"I thought we dug in and found a way to get something out of a game," MacLean said. "That's a great start for our team."

While the Senators (4-6-4) will happily take the point, they realize they're left facing a five-game winless streak. In addition, they haven't won on home ice since Oct. 17.

"We can't keep doing this all season," said Erik Karlsson. "We got a point and we played better than we have in the past so we have to take the positives out of things and (Sunday) that was it."

Adding to their list of woes is the fact the Senators could be without starting goaltender Craig Anderson.

Anderson went down hard after being hit by Valeri Nichushkin with 1:32 gone in overtime. He was taken off the ice on a stretcher after he appeared to take a knee to the head.

The Ottawa goalie was able to walk around on his own by the end of the game, but MacLean said he was suffering from a stiff neck and would require further evaluation. MacLean said he expects him to miss Tuesday's game in Columbus.

Jamie Benn scored the winner in the shootout. Milan Michalek, Jason Spezza and Bobby Ryan were all stopped by Kari Lehtonen, who faced 36 shots.

Anderson faced 36 shots before Robin Lehner was forced into action. Lehner made two saves in overtime and stopped Tyler Seguin in the shootout.

THE CANADIAN PRESS

On Sunday

4	3
Stars	Senators

Senators head athletic therapist Gerry Townend calls for a stretcher as he attends to Ottawa goalie Craig Anderson following a collision with Dallas' Valeri Nichushkin on Sunday afternoon at Canadian Tire Centre. Senators coach Paul MacLean said Anderson would require further evaluation due to a stiff neck. SEAN KILPATRICK/THE CANADIAN PRESS

Pushing for a win

"If you play scared it's a hard game to win and I think at times we've played scared, not wanting to make mistakes."

Senators captain Jason Spezza on the club's struggles.

"It teaches a little bit of humility."

Defenceman Mark Borowiecki.

The Senators ran into some bad luck in the third period when Borowiecki, trying to clear the puck from in front of the net, put it in his own net to give the Stars a 3-2 lead.

"We rebounded, which we really haven't seen our team do in the past."

Senators forward Bobby Ryan, who tied the game with 9.6 seconds remaining in regulation, scoring his eighth of the season when he jumped on a loose puck in the slot and put it in past Kari Lehtonen.

Andy Reid is off to a perfect 9-0 start in his first season as head coach of the Kansas City Chiefs. GETTY IMAGES

Chiefs enter bye week on a high

Kansas City Chiefs cornerback Sean Smith was exhausted after he returned an interception 100 yards for a touchdown.

"I was definitely happy I made it," Smith said. "I wanted to celebrate, but I was too tired."

That's fine, because the Chiefs are suddenly breathing easier after their defence kept Kansas City's perfect start intact.

Smith's interception and linebacker Tamba Hali's 11-yard fumble return for a TD aided the Chiefs in overcoming a pedestrian offence and their own leaky defence in securing a 23-13 win over the Buffalo Bills on Sunday.

Kansas City (9-0) remained the NFL's only undefeated team and matched the best start in franchise history, set in 2003. The Chiefs now enter their bye week before a key AFC West showdown against the Denver Broncos (7-1) on Nov. 17.

If the only thing perfect about the Chiefs is their record so far, coach Andy Reid refuses to make any apologies.

"We're not going to make excuses for it," said Reid, who in his first year has the Chiefs continuing their worst-to-first run after a 2-14 finish last season. "We're pretty happy that we got the touchdowns. We'll take them any way we can get them." THE ASSOCIATED PRESS

4 SPORTS

Thanks but no tank: Sixers defy cynics with perfect start

NBA. Red-hot Philly not heeding assumption that this was supposed to be a rebuilding year

The Sixers' Michael Carter-Williams drives to the basket against the Miami Heat in Philadelphia on Wednesday. GETTY IMAGES

Winless for Wiggins is out. Flawless in Philly is so in.

Look who's leading the NBA standings, with a 3-0 record featuring wins over Miami and Chicago. Rub your eyes all you want, the answer — for now — is the awful-to-awesome Philadelphia 76ers.

Yes, this is the same franchise that prompted Las Vegas to set the over-under for total wins this season at 16.5.

There's an early buzz in Philly over the way The Little Tank Engine That Could has stormed through the elite of the Eastern Conference en route to their best start since 2006-07, when Allen Iverson was running the show, not showing up to announce his retirement.

The fans that openly rooted for them to lose so they could potentially select Kansas prospect Andrew Wiggins with the No. 1 pick in the 2014 draft — creating #winlessforwiggins on Twitter — have switched stripes and embraced the team.

Just as the sign read Saturday night after their latest win over Chicago, "3-0. That's No Bull."

"We're excited about the victories," forward Thaddeus Young said, "but the work doesn't stop here."

Nope, but the Sixers will enjoy the can-you-believe-this victories while they can.

The team can thank three rookies for their start: general manager Sam Hinkie, coach Brett Brown and point guard Michael Carter-Williams.

With his team mired in mediocrity for a decade, Hinkie was the GM who put the rebuilding plan in place, drafting MCW and trading for Nerlens Noel. Brown has preached patience — while pushing an up-tempo style that had the Sixers score 100-plus points in all three wins.

And then there's MCW.

If basketball fans weren't familiar with what the MCW stood for after his 22-point, 12-assist, nine-steal debut on opening night against Miami, they are now. After three games, Carter-Williams has opened eyes around the league, outplaying Washington's John Wall and Chicago's Derrick Rose on consecutive nights. He had 26 points, 10 assists and rallied the Sixers from 18 down in the second half to beat the Bulls on Saturday night.

"Coach gives me a lot of confidence out there," Carter-Williams said. "I'm able to play freely." THE ASSOCIATED PRESS

The real deal

"I think it's a point guards' league ... and I think Michael Carter-Williams is for real."

Philadelphia 76ers coach Brett Brown on his rookie point guard

Canada falls in rugby play

The New Zealand Maori All Blacks' Jamison Gibson-Park carries the ball between Canada's Jon Phelan, left, and Phil Mack during first-half international rugby action in Toronto on Sunday. The All Blacks scored six tries en route to a 40-15 win. CHRIS YOUNG/THE CANADIAN PRESS

Tennis

Djokovic denies Ferrer another title in Paris

Novak Djokovic won the last four games in each set to beat defending champion David Ferrer 7-5, 7-5 Sunday in the final of the Paris Masters.

The second-seeded Serb won his 17th straight match to capture his sixth title this season and the 40th of his career.

"Summer was up and down," Djokovic said, "and now again I'm playing on a very high level and have lots of confidence in myself, in my game. I'm at a good spot at this moment."

Ferrer led 5-3 in each set, but Djokovic came back both times and clinched the victory when the Spaniard sent a forehand into the net.

Djokovic, who still has a slim chance to finish the season ahead of No. 1 Rafael Nadal in the rankings, hit 34 winners to 15 for Ferrer and won 15 of 18 net points.

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NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	14	10	4	0	47	35	20
Toronto	15	10	5	0	48	36	20
Detroit	15	9	4	2	38	37	20
Boston	13	8	5	0	36	25	16
Montreal	15	8	7	0	41	31	16
Ottawa	14	4	6	4	42	47	12
Florida	14	3	8	3	28	49	9
Buffalo	16	2	13	1	26	49	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	15	11	4	0	48	33	22
N.Y. Islanders	14	6	5	3	45	44	15
Washington	14	7	7	0	44	40	14
N.Y. Rangers	13	6	7	0	25	38	12
Carolina	14	4	7	3	27	44	11
Columbus	13	5	8	0	33	36	10
New Jersey	13	3	6	4	26	38	10
Philadelphia	13	4	9	0	21	37	8

Sunday's results
Dallas 4 Ottawa 3 (SO)
Calgary at Chicago
New Jersey at Minnesota
Saturday's results
Anaheim 6 Buffalo 3
Chicago 5 Winnipeg 1
Colorado 4 Montreal 1
Detroit 5 Edmonton 0
Nashville 4 Los Angeles 3
N.Y. Islanders 3 Boston 1
N.Y. Rangers 5 Carolina 1
Philadelphia 1 New Jersey 0
Phoenix 3 San Jose 2 (SO)
Pittsburgh 3 Columbus 0
Tampa Bay 4 St. Louis 2
Vancouver 4 Toronto 0
Washington 3 Florida 2 (SO)
Monday's games
All Times Eastern
Anaheim at N.Y. Rangers, 7:30 p.m.
Detroit at Winnipeg, 8 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	13	12	1	0	42	19	24
Chicago	14	9	2	3	50	39	21
St. Louis	12	8	2	2	44	29	18
Minnesota	14	7	4	3	34	34	17
Nashville	14	7	5	2	31	40	16
Dallas	14	6	6	2	37	42	14
Winnipeg	15	5	8	2	35	45	12

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	14	10	1	3	53	27	23
Anaheim	15	11	3	1	50	39	23
Phoenix	15	10	3	2	51	46	22
Vancouver	16	10	5	1	46	41	21
Los Angeles	15	9	6	0	43	40	18
Calgary	13	5	6	2	39	47	12
Edmonton	15	3	10	2	36	59	8

Note: Two points for a win, one point for an overtime/shootout loss.

MLS PLAYOFFS

All Times Eastern
CONFERENCE SEMIFINALS
(two-game, total-goals series)
EASTERN CONFERENCE
New York vs. Houston
Sunday's result — New York 2 Houston 2
Wednesday — Houston at New York, 8 p.m.
Kansas City vs. New England
Saturday's result — N.England 2 Kansas City 1
Wednesday — New England at K.C., 9 p.m.
WESTERN CONFERENCE
Portland vs. Seattle
Saturday's result — Portland 2 Seattle 1
Thursday — Seattle at Portland, 11 p.m.
Salt Lake vs. Los Angeles
Sunday's result — Salt Lake at Los Angeles
Thursday — Los Angeles at Salt Lake, 9 p.m.

NFL

WEEK NINE

Sunday's results
Carolina 34 Atlanta 10
Cleveland 24 Baltimore 18
Dallas 27 Minnesota 23
Kansas City 23 Buffalo 13
New England 55 Pittsburgh 31
N.Y. Jets 26 New Orleans 20
Philadelphia 49 Oakland 20
Seattle 27 Tampa Bay 24
Tennessee 28 St. Louis 21
Washington 30 San Diego 24
Indianapolis at Houston
Thursday's result
Miami 22 Cincinnati 20 (OT)
Monday's game — All Times Eastern
Chicago at Green Bay, 8:40 p.m.

CFL

WEEK 19

EAST

	GP	W	L	T	PF	PA	Pt
y-Toronto	18	11	7	0	507	458	22
x-Hamilton	18	10	8	0	453	468	20
x-Montreal	18	8	10	0	459	471	16
Winnipeg	18	3	15	0	361	585	6

WEST

	GP	W	L	T	PF	PA	Pt
y-Calgary	18	14	4	0	549	413	28
x-Saskatchewan	18	11	7	0	519	398	22
x-B.C.	18	11	7	0	504	461	22
Edmonton	18	4	14	0	421	519	8

x — clinched playoff berth; **y** — won division.
Saturday's results
Hamilton 37 Winnipeg 7
Edmonton 30 Saskatchewan 26
End of Regular Season
Friday's results
B.C. 26 Calgary 7
Montreal 23 Toronto 20
PLAYOFFS
Sunday, Nov. 11
Division Semifinals — All Times Eastern
East — Montreal vs. Hamilton (at Guelph, Ont.), 1 p.m.
West — B.C. at Saskatchewan, 4:30 p.m.

NBA

Sunday's results
Detroit 87 Boston 77
Brooklyn at Orlando
Washington at Miami
Phoenix at Oklahoma City
Minnesota at New York
Atlanta at L.A. Lakers
Saturday's results
Dallas 111 Memphis 99
Golden State 98 Sacramento 87
Houston 104 Utah 93
Indiana 89 Cleveland 74
New Orleans 105 Charlotte 84
Philadelphia 107 Chicago 104
Portland 115 San Antonio 105
Toronto 97 Milwaukee 90
Monday's games — All Times Eastern
Golden State at Philadelphia, 7 p.m.
Minnesota at Cleveland, 7 p.m.
Boston at Memphis, 8 p.m.
Houston at L.A. Clippers, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
A financial or business matter demands your attention – not next month but right now. If you have not got it sorted by the time Mercury turns direct next weekend it could cost you.

♉ Taurus
April 21 - May 21
Offer to meet others halfway today and they will jump at the chance. Be open about what it is you desire and encourage others to be honest about their desires too.

♊ Gemini
May 22 - June 21
Don't waste time on trivial things or petty vendettas. On the work front especially you have important tasks to complete. Get serious about your ambitions.

♋ Cancer
June 22 - July 23
If you are planning on doing something out of the ordinary then you had better be quick about it. By this time next week circumstances will have changed so get it done.

♌ Leo
July 24 - Aug. 23
It should be obvious to you by now that a plan of some sort is not going to amount to much, so junk it and focus on something new. By the end of the week you will be working on something different.

♍ Virgo
Aug. 24 - Sept. 23
Few things in life are black and white and with Mercury, your ruler, still moving retrograde no doubt the whole world looks gray. Never mind. A week from now everything will be sweetness and light again, so smile!

♎ Libra
Sept. 24 - Oct. 23
Maybe something drastic will happen in your personal life to set you on a new course, or maybe your way of looking at the world will change – either way this will be a week of major developments.

♏ Scorpio
Oct. 24 - Nov. 22
Because Mercury is moving retrograde through your sign be careful not to let your mind fool you. It won't be until the 10th, when Mercury moves in your favour again, that you begin to see clearly.

♐ Sagittarius
Nov. 23 - Dec. 21
Usually you are upfront about what you think and feel but for some reason you are reluctant to let others know what's going on in your heart. Maybe it's because you're not fully sure yourself.

♑ Capricorn
Dec. 22 - Jan. 20
Someone is being less than honest and you must make it your business to find out exactly where and why they are trying to trick you.

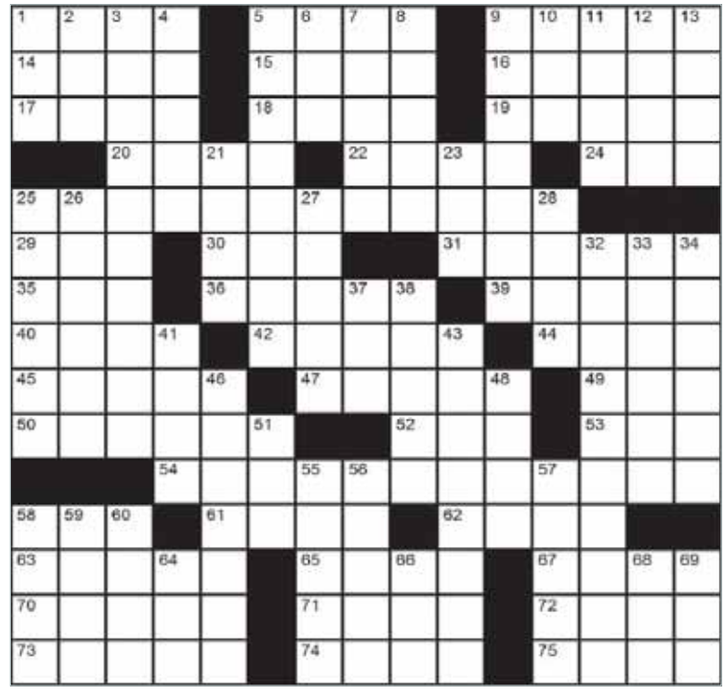
♒ Aquarius
Jan. 21 - Feb. 19
You want to talk to someone in a position of power but you can sense that now is not the right time, and you are right. A week from now is the right time so be patient.

♓ Pisces
Feb. 20 - March 20
Try not to let slip facts that rivals might be able to use against you. Pisces is such a trusting sign that you sometimes say more than you should. Think self-preservation. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

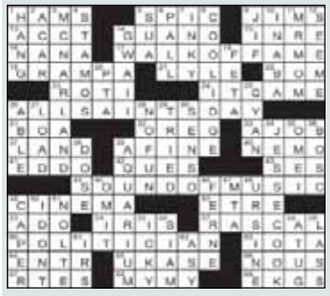
BY KELLY ANN BUCHANAN



Across
1. Operatic soprano Ms. Gluck
5. Tennis great, Bjorn __
9. Bob or Doug McKenzie
14. Central places
15. Thought
16. Quebec-set flick, "Mon __ Antoine" (1971)
17. Palm starch
18. Sporty stuff
19. Port city of Japan
20. Unfortunately
22. Make supper
24. Internet connection letters
25. The Royal __ Winter Fair, every November in Toronto
29. Ms. Streep, to pals
30. Inflated id
31. St. __, Ontario
35. "__, _ don't know." (Unsure reply)
36. "Bolero" composer
39. Hagar the Horrible's dog
40. Trails
42. Pave the road again
44. Knife part
45. Book drawing, for short
47. Coffee choice
49. "__ Wiedersehen!"
50. Antarctica penguin
52. Tokyo, once
53. Ms. Thompson of Back to the Future (1985)
54. Employee 'gaining work experience' at a company: 2 wds.
58. Assoc.
61. The __ In The Hall
62. Sea of __ (Black Sea arm)
63. Queen's fave dog
65. "Curses!"
67. Biblical peak
70. NHL coach Mr. Vigneault
71. Deodorant's pal
72. Was aware
73. __ _ (Pronounciation-wise, first letter of 'Geneva')
74. __-Dokie
75. Rugged off-road rides, commonly

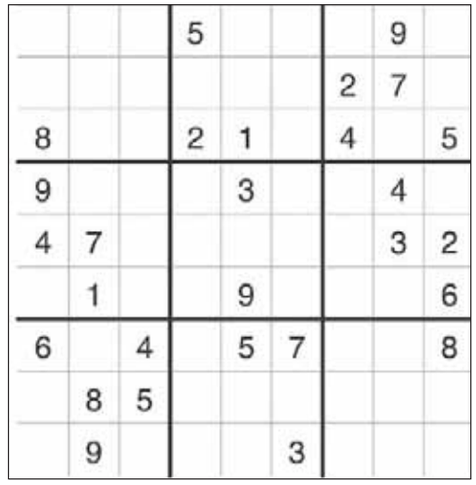
Down
1. Mr. Pacino's
2. Hawaii's Mauna __
3. Kate & Anna __ (Canadian singer/songwriter sisters)
4. Garlic sauce
5. "If I Had My Way" band from Toronto: 2 wds.
6. Poet's creation
7. Respond
8. Single-named singer from Sherbrooke
9. Pipes like The Caterpillar's in Alice in Wonderland
10. Green light switches
11. Kind of fish
12. Caribou cousins
13. Actual
21. Computer firm
23. Food scrap
25. Aviator Ms. Earhart
26. Actor Mr. McRaney
27. Adored
28. Isolated
32. Team Figure Skating, a new __ __ to debut at the 2014 Winter Olympics
33. Quarrelling one
34. The Vampire Diaries character
37. Pre l'Automne month
38. Straight-__
41. Star Trek role
43. Glow
46. How the Titanic spent its last moments alas
48. Happy Days character, The __
51. Prefix meaning 'Over'
55. Beef up: 2 wds.
56. Singer/actor Chris
57. Toy truck
58. Wood sorrels
59. Chocolate-coated caramel candy
60. Tennis great Steffi
64. "Be off!"
66. Gladiator's 1051
68. Ms. D'Angelo, to pals
69. Painful expressions

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

7	3	5	8	4	2	9	1	6
9	6	1	7	5	3	4	2	8
4	8	2	9	1	6	5	3	7
6	4	3	5	9	8	1	7	2
8	2	7	4	3	1	6	9	5
1	5	9	6	2	7	8	4	3
2	1	6	3	8	4	7	5	9
5	7	4	2	6	9	3	8	1
3	9	8	1	7	5	2	6	4

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4°/-2°
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Tuesday
8°/3°
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